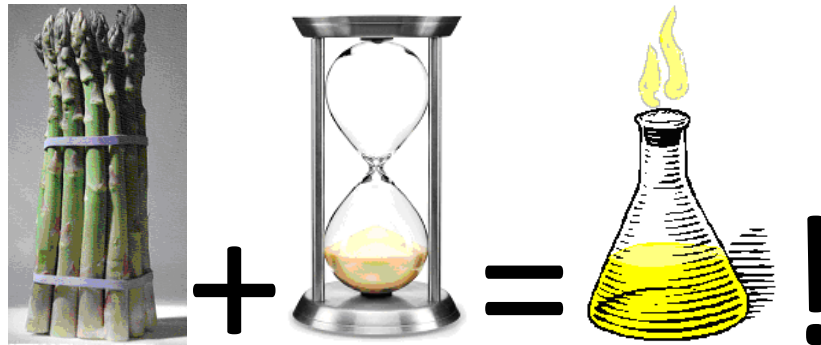




Find out how **FAST** your urinary tract takes!

1. Eat some asparagus.

2. Write down the date and time you ate the asparagus:

Day of the week _____ Date _____ Time _____

3. When you are peeing notice if you smell something...well, different.
Asparagus gives off a chemical that makes your pee stink different from regular pee smell.

4. When you smell this* write down the date and time:

Day of the week _____ Date _____ Time _____

5. Count how many hours in between. This is how long it took your body to process that asparagus!



UH- OH!

***Can't smell anything?** Don't worry...some people just **can't** smell this chemical in asparagus. Being able to smell it or not -- is genetic (inherited/you were born that way)!

IF NOT....try it with **fresh beets** instead! They will turn your pee **RED**!
(See the worksheet "Find out how **FAST** your digestive system takes.")

